

# August 2018 Menu

Mon	Tue	Wed	Thu	Fri
<b><u>MEAT SUBSTITUTE MEAL</u></b> Grilled Chicken Green Beans Carrots Mini Yeast Roll Coleslaw Mandarin Oranges	<b><u>VEGETABLE SUBSTITUTE MEAL</u></b> Mac and Cheese Green Beans Carrots Mini Yeast Roll Coleslaw Mandarin Oranges	<b>1</b> Sloppy Joe Red Bliss Potatoes Apple Cobbler Bun Coleslaw Mandarin Oranges	<b>2</b> Pulled Chicken w/ Gravy Rice Pilaf Vegetable Trio Orange Slices Applesauce Rice Krispie Treats	<b>3</b> Carved Turkey Breast w/ Stuffing Carrots Peas Broccoli Salad Peaches Chocolate Cupcake
<b>6</b> Grilled Chicken Breast Broccoli & Rice Casserole Stewed Tomatoes Mini Yeast Roll Peaches Waldorf Salad	<b>7</b> Steak Burger Lima Beans Hot Cinnamon Apples Bun Strawberries Cantaloupe	<b>8</b> Stew Beef over Rice Okra & Tomato Stew Green Beans Macaroni Salad Pineapple Tidbits Melon	<b>9</b> Chicken Dumplings Green Beans Sweet Potato Casserole Congealed Salad w/ Fruit Red Grapes Oatmeal Cookies	<b>10</b> Golden Roast Chicken (leg quarter) Spinach Cauliflower Mini Yeast Roll Pineapple Tidbits Chocolate Pudding
<b>13</b> Pork Pot Roast Cabbage Mashed Potatoes Mini Yeast Roll Peaches Lemon Gelatin	<b>14</b> Beef Pot Pie Carrots Cinnamon Apples Beets Pineapple Tidbits Chocolate Chip Cookies	<b>15</b> Stuffed Baked Potato Beef Chili Sautéed Zucchini & Yellow Squash Broccoli Salad Cantaloupe Peanut Butter Cookies	<b>16</b> Sliced Ham Sweet Potato Casserole Green Beans Mini Yeast Roll Orange Slices Pineapple Tidbits	<b>17</b> Grilled Chicken Breast Corn Roasted Brussel Sprouts Mini Yeast Roll Honeydew Melon Chocolate Cake w/ Cherries
<b>20</b> Salisbury Steak Mashed Potatoes Steamed Broccoli Mini Yeast Roll Peaches Orange Slices	<b>21</b> Meat Loaf Green Beans Corn Mini Yeast Roll Watermelon Red Velvet Cupcake	<b>22</b> Pulled Chicken w/ Gravy Steamed Carrots Steamed Cauliflower Pineapple Tidbits Honeydew Melon Cherry Pie	<b>23</b> Carved Roast Beef Mashed Potatoes Green Peas Mini Yeast Roll Peaches Cottage Cheese	<b>24</b> Baked Fish w/ Lemon Herb Sauce served over Rice Pilaf Stir-fried Squash Stewed Tomatoes Three Bean Salad Fruit Cocktail Oatmeal Cookies
<b>27</b> Stew Beef over Rice Steamed Cabbage Pinto Beans Mini Yeast Roll Broccoli Salad Pears	<b>28</b> Boneless BBQ Pork Ribs Corn Black-Eyed Peas Mini Yeast Roll Apples Oatmeal Cookies	<b>29</b> Pot Roast w/ Sweet Bell Peppers Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Tossed Salad Mandarin Oranges	<b>30</b> Carved Turkey Breast w/ Stuffing Green Beans Carrots Strawberry Spinach Salad Watermelon Lemon Gelatin	<b>31</b> Teriyaki Chicken Kettle Cooked Collards Scalloped Potatoes Peaches Seedless Green Grapes Chocolate Cupcake

2% Milk will be served with all meals.

You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

**All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.**